

# **BOISE SCHOOL DISTRICT WELLNESS PLAN**

## **STUDENT WELLNESS**

According to the Institute of Medicine, approximately nine million American children over six years old are currently considered obese or overweight, which is defined as a body mass index (BMI) equal to or greater than the 95<sup>th</sup> percentile of the Centers for Disease Control and Prevention's age and gender specific BMI charts.<sup>1</sup> According to the 2003 National Survey of Children's Health, 10.1 percent of Idaho youth aged 10-17 years are overweight.<sup>2</sup> Intermediate risks of obesity to a child's health include low self-esteem that can impair academic and social functioning. Long term risks include cardiovascular disease, metabolic syndrome, arthritis, cancer and type 2 diabetes.<sup>1</sup>

Preventing childhood obesity and poor nutrition is a collective responsibility requiring individual, family, community, corporate and governmental commitments. The Boise School District is cognizant of the fact that there is a national obesity epidemic. In accordance with Board Policy 3420, Student Nutrition and Physical Activity, the District is committed to providing a school environment that promotes and protects the health and well-being of its students by providing opportunities for students to select healthy nutritious food items during the school day, providing students with a comprehensive Health education and providing students opportunities to learn life long physical activity. This includes the following:

### **HEALTH EDUCATION**

Nutrition – Students are given information in grades 1, 2, 3, 4, 6, 8 and 11 in Health education classes that help them identify the relationship between nutrition and well being, including how the amount and kinds of food eaten affect health, body weight and stress levels.

Students learn to differentiate and select between healthful/unhealthful foods and activities. This information includes why the body needs food, the five basic food groups, the role of nutrients (carbohydrates, fats, proteins, water, vitamins and minerals) and fiber in a healthy diet. Students also learn how to interpret nutritional information on food labels, compare and contrast the results of having a nutritious diet versus a diet lacking nutrients and the diseases that may result. The students also learn to identify ways to prepare and handle food safely, and situations in which food may be unsafe to eat.

In grade 11 students learn how to determine what healthy body weight is through the body mass index measurement. They are able to describe weight loss and weight gain strategies through proper diet and exercise throughout life.

Registered dietitians are available to assist the classroom teachers in providing nutrition education to groups of all ages within the district. The Food Guide Pyramid is shared with the younger grade levels and more advanced nutrition classes are given to the secondary health classes. Kindergarten students are oriented to the elementary meal program with a nutrition lesson and an invitation for the students and parents to eat lunch together during the spring. Sixth grade students are introduced to the secondary meal program with a nutrition lesson and a visit to their respective junior high school to eat breakfast or lunch.

## PHYSICAL EDUCATION AND ACTIVITY

Various forms of wellness programs can be found throughout our elementary schools. Students are encouraged to participate in our basketball and track programs in the fifth and sixth grades. Several of our elementary schools offer "challenge" programs for their students. These challenges actually are incentive programs for our students while they take part in activity programs during intramurals or after school programs. Several of our schools offer wellness programs through their P.T.O. or P.T.A groups. These programs are coupled with fund raisers in the schools. Many of our elementary physical education teachers provide wellness campaigns for the staff in the form of noon hour walking programs, after school yoga, and in some schools aerobics are offered to the staff.

At the secondary level, physical education programs have been expanded to include various lifetime activities such as weight lifting, aerobics, and yoga. Several of our schools sponsor fitness walks and runs not only as a wellness campaign but also as a fund raiser. Walking teams have been organized at several of our junior high schools and these teams compete against one another plus take part in "walkathons" held throughout the Treasure Valley.

## FOOD SERVICES

Our mission is to provide nutritious, well-balanced meals, using foods students enjoy and priced as reasonably as possible. We serve 21,000 meals each school day. Five registered dietitians administer the program which employs 400 school food service professionals. We receive cash in lieu of commodities and serve only federally reimbursed meals. We do not sell individual foods ala carte as we adhere to our standard of demonstrating well balanced meals incorporating all food groups in appropriate portion sizes.

### Lunch Program

We offer lunch at 51 sites within the Boise School District. All lunches are federally reimbursed and must comply with USDA's nutrient standards. Each week, lunch must average one third of a student's needs for calories, protein, vitamins A and C, iron, and calcium. Each week, that average must contain no

more than 30% of the total calories from fat and no more than 10% of the total calories from saturated fat.

We plan lunches to meet the students' preferences. We offer a variety of foods within nutritionally balanced menus. We serve seasonal fresh fruits and vegetables on all lunch lines for all age groups. We use whole grain breads, tortillas, English muffins, and bagels. We incorporate whole wheat flour and oatmeal in our homemade baked goods and prepare soup with barley. A choice of fat free, low-fat, reduced-fat, and flavored milk is always available.

At the elementary schools, we offer three main dishes. All side dishes are available on a self-serve bar where we feature the fresh fruits, vegetables, and whole grains. We follow the child feeding philosophy of Ellyn Satter, RD, MSW, author of "Child of Mine, Feeding with Love and Good Sense". There is a division of responsibility in feeding children. As adults, we are responsible for offering appropriate foods and children are responsible for how much or even whether to eat.

We supervise the self serve bars and teach children how to be respectful of the food and of the other children who will be selecting from the self-serve bars. We ask that they think about "how hungry they are" and choose reasonable amounts of food. We show students how to use utensils in a sanitary manner.

Several elementary schools schedule lunch after recess. Students are allowed to enjoy physical activity before arriving in the cafeteria. The kids eat more of their lunch, drink more milk, take more time to eat, and throw less food in the trash can.

We assist schools in planning special meals for their students where table manners are taught. White tablecloths and candles decorate the cafeteria tables and teachers serve plated meals to seated students. The focus is etiquette and students pass rolls and salt and pepper shakers to their peers.

At the junior and senior high schools, we offer ten to twelve choices at lunch each day. Fresh fruit, vegetables, and whole grains are offered on each lunch line. Students can order sandwiches, wraps, and salads made fresh on the Deli Line. We offer milk in 8- or 16-ounce cartons in all flavors listed above.

### The Breakfast Program

We offer breakfast at 51 sites within the Boise School District. All breakfasts are federally reimbursed and must comply with USDA's nutrient standards. Each week, breakfast must average one fourth of a student's needs for calories, protein, vitamins A and C, iron, and calcium. Each week, that average must contain no more than 30% of the total calories from fat and 10% of the total calories from saturated fat.

We offer breakfast before school at 20 elementary schools. The menu consists of 100% whole wheat toast, cereal, 100% orange juice, and the same variety of milk offered at lunch.

We offer breakfast in the classroom at 13 elementary schools. The menu consists of juice, milk, and two other items. Students pick up breakfast on their way into the classroom and eat while announcements are made and roll is taken. This insures each child is offered breakfast.

We offer breakfast before school and at a mid-morning break at the junior and senior high schools. Juice, fresh fruit, and a choice of an 8- or 16-ounce milk carton are available. Students may also choose from homemade baked goods prepared with whole grain flour, whole grain bagels, yogurt, and cereal.

#### Kindergarten Milk

Kindergarten students have access to a carton of milk each day for the small fee of \$12/year. The carbohydrate, protein, calcium and other nutrients in milk make it a perfect snack to help growing children stay nourished throughout their morning or afternoon.

#### Preschool Snacks

Snacks are available for the students enrolled in the developmental preschool programs in the district. A two week menu cycle includes milk each day and a variety of other foods including fruits, vegetables, protein, and grains.

#### After School Snacks

Snacks are available for the students enrolled in designated after school activities in the district. A two week menu cycle includes milk each day and a variety of other foods including fruits, vegetables, protein, and grains.

#### Summer Meals

Breakfast and lunch are available at no cost at designated summer schools sites in the district. We adhere to the same nutrition standards during the summer as we do during the school year. Summer feeding sites qualify based on the percentage of students eligible for free and reduced-price meal benefits.

#### Free and Reduced-Price Meal Benefits

Applications for free and reduced-price meals are available during registration and throughout the school year from the district web site, the food service managers, school office staff, and the food service office. Eligibility for meal benefits is based on household size and income. Students who qualify for meal benefits have equal access to all meal selections.

## Meal Planning

We meet with the Food Service Student Council three times each year. This group consists of 12 fifth grade students from six elementary schools. We rotate schools each year so that every school has a chance to participate. We share information about the school meals program and ask students to represent their peers when sharing their food preferences. Students taste test and give feedback on new products and recipes.

We assist in classroom meal planning projects each spring. Several teachers request that their students plan lunch for the school. We share our federal guidelines and help them in planning a well balanced lunch for the entire school. They receive a nutrition lesson and we gain new ideas based on their food preferences. The students advertise the change in the menu for the day, invite their parents, and help to prepare and serve the meal. We gain many new ideas for the lunch menu from these projects.

## VENDING MACHINES

Vending machines in secondary schools that students have access to shall offer at least 50% food and drink products that are compatible with the following suggested standards:

- A maximum of three (3) grams of fat per one hundred (100) calories,
- A maximum of 600 milligrams of sodium per serving.
- A minimum of twelve (12) grams of complex carbohydrates per serving.
- Beverages may consist of :
  - Drinking water that is not carbonated, sweetened or otherwise flavored.
  - Low fat or non fat milk
  - One hundred percent (100%) orange or tomato juice.

For example, the following meet the Action for Healthy Kids' Recommended Snack List Criteria.

Advantage Edge Bar  
Baked Lays KC Masterpiece BBQ Potato Chips  
Baked Nacho Cheese Doritos  
Bottled Water  
Cliff Bars  
Dole Fruit Bowl, Pineapple  
Keebler Animal Cookies  
Fruit and Grain Bar, Strawberry  
Giant Chocolate Goldfish Grahams

Austin Zoo Animal Crackers  
Baked Lays Original Potato Chips  
Barnum's Animal Crackers  
Chex Mix (all flavors)  
DelMonte Canned Fruit  
Fig Newtons  
Keebler Reduced Fat Wheatables  
Nutri-Grain Bars (all flavors)  
Pretzel Goldfish

Luna Bars (all flavors except Orange Bliss and Key Lime Pie)	
Nature Valley Granola Bars	Kars Yogurt, Apple, and Nut Mix
Nature Valley Strawberry Yogurt Bar	Pringles-Fat Free
Nature Valley Trail Mix Bars – Fruit and Nut	Rice Krispies Treats
Quaker Chewy Bars (all flavors)	Nutty Banana Gourmet Muffin
Rold Gold Classic Tiny Twists Pretzels	Blueberry Gourmet Muffin
Ruffles Wow! Potato Chips (all flavors)	Apple Cinnamon Gourmet Muffin

Apex Products:

Mixed Berry Bar	Ranch Potato Chips
Classic Potato Chips	

Other items meeting Action for Healthy Kids' Suggestions:

100% Fruit and Vegetable Juice	White and Flavored Milk
Fruits and Vegetables	Nuts*, Seeds*, Whole Grains
Yogurt and Cheese	Dried Fruits* and Trail Mix*

\*Recommended portion sizes for nuts, seeds, dried fruit and trail mix is 2 oz. or less.

A list of foods that meets the above criteria will be given to the schools by the vending companies. The remaining 50 percent of the vending machine products will be determined by school officials. All vending machines should have a timer on them that allows students to purchase products only during breaks and before and after school. Vending machines must be located somewhere other than the school cafeteria. Vending machines shall not be accessible to elementary students.

Because the District is committed to providing a school environment that allows students to select healthy, nutritious food items during the school day, building administrators and classroom educators are asked to be considerate when using snacks as rewards or as fundraisers. Concession sales after regular school hours do not need to follow these criteria.

## EMPLOYEE WELLNESS

The District provides information to each work site about available wellness resources and services. The District also has a staff committee to assist in identifying and supporting the health, safety and well being of all District staff. Programs currently established include, but are not limited to the following:

- A monthly health newsletter for employees
- Staff wellness seminars
- An annual wellness exam benefit on the District insurance plan
- An annual cardiovascular screening including blood pressure and cholesterol screening, etc.
- Annual flu vaccine available free to all employees
- Advicare Health Consultation Program available for all employees with a chronic health problem

Employees are encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, and before or after work hours. Many sites have formal fitness programs available for personnel to participate in. These programs are voluntary and include activities such as weight lifting, aerobics, yoga and noon hour walking. Many District staff members also participate in community walkathons/fun runs held throughout the Treasure Valley.

1. Institute of Medicine. Preventing childhood obesity: health in the balance, 2005. Institute of Medicine, 222.iom.edu
2. National Survey of Children's Health Data Resource Center, 2004. <http://nschdata.org>

This procedure was compiled by the following committee members: The Director of Students Services, the District Athletic Coordinator, the Health Curriculum Supervisor, the Employment and Benefits Manager, the Nutrition Coordinator and the Health Services Supervisor.